

Reviews

Three Rivers, \$18.95 paper (256p)
ISBN 0-307-23671-4

The spunky hosts of TLC's *What to Wear* present a fashion guide that's empowering, friendly and exceedingly useful. No gimmicky, fruit-related body shape names here—Kelly and London keep things simple. For each of their female body types—"bigger on top," "bigger on the bottom," "a little extra in the middle," "curvy," "not curvy," etc.—there's advice for petite, average height and tall women. (The men's section is equally straightforward if shorter: "tall," "athletic," "barrel-chested," etc.) Kelly and London use positive reinforcement (there are many more "dos" than "don'ts"), and sprinkle "universal tips" applicable to any body type throughout. Each type's section opens with a photo of an average-looking model sporting a basic swimsuit, along with comments from the model and the authors. Although they don't cite brand or store names, Kelly and London give plenty of specific advice: e.g., a straight dress will accentuate curves on an hourglass shape; a jacket with a moderately low "stance" (v-neck) will help the upper body appear longer. Ladies and gentlemen, start your shopping engines—and don't leave home without this book! *Agent, John Basswell Management. (Sept.)*

**The Way of Stretching:
Flexibility for Body and Mind**
ANNE KENT RUSH. Little, Brown, \$15.95
paper (288p) ISBN 0-316-17231-6

Rush draws on principles and practices from yoga, massage, the Japanese martial art aikido and other traditions for her comprehensive program to create and sustain health through a balanced system of "safe stretching." According to the author, who has written many books on massage and yoga, the easiest low-impact movements offer the greatest benefits (in terms of longevity). Key to Rush's system is what she calls the Rush Reverse, an approach to exercise that trains the body to stretch "by relaxing rather than by straining." Readers who have been practicing yoga will probably be familiar with the chakra system (which focuses on centers of physical, emotional and spiritual energy), around which Rush structures her program.

While the book's b&w line drawings are somewhat rudimentary, Rush's instructions and explanations are clear and thorough. Breathing practices, relaxation techniques and a focus on finding pleasure in movement are central to Rush's program, and her holistic approach incorporates a wide variety of ways for readers who can't engage in more strenuous physical activity to become fit. This work offers a wealth of solid information. *Agent, Katinka Matson. (Aug.)*

**A Few Good Eggs: Two
Chicks Dish on Overcoming
the Insanity of Infertility**
JULIE VARGO AND MAUREEN REGAN.
Regan, \$26.50 (400p) ISBN 0-06-
077681-1

The comprehensiveness of this accessible guide to managing infertility reflects the somewhat obsessive approach of the authors, who have both undergone years of infertility treatment and whose anecdotes frame each chapter. In plain language, journalist Vargo and literary agent Regan (sister of publisher Judith) detail the impact of a variety of factors (age, weight, stress, exercise, nutrition, STDs, pharmaceuticals, recreational drugs, pollution) on both female and male infertility. They provide solid tips on finding a fertility specialist and navigating the wide variety of questions, tests and treatments readers can expect to go through, and frankly discuss the difficult choices (medical, ethical, legal, financial and emotional) parental hopefuls will have to make. Vargo and Regan believe motherhood is a woman's highest priority and most satisfying life choice, and quietly dismiss projects outside of conception; readers who don't fully embrace the authors' opinions may thus miss the plethora of useful information. Oversimplified gender stereotypes also hinder the authors' discussion of communication between partners and reflect the larger interference of the authors' neo-traditional values with the otherwise direct treatment of the complicated situations infertile women face. Still, the infusion of personality with facts makes for an engaging guide for those who share Vargo and Regan's beliefs. *(June)*